

MARATHON HANDBOOK

12 WEEK HALF MARATHON TRAINING PLAN : KM

WEEK	Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Mileage
1		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	20 k
			5 k <i>RPE: 3-4</i>	3 k <i>RPE: 4-5</i>		5 k <i>RPE: 3-4</i>	45-60 mins	7 k <i>RPE: 2-3</i>	
2		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	21 k
			5 k <i>RPE: 3-4</i>	3 k <i>RPE: 4-5</i>		5 k <i>RPE: 3-4</i>	45-60 mins	8 k <i>RPE: 2-3</i>	
3		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	25 k
			6 k <i>RPE: 3-4</i>	3 k <i>RPE: 4-5</i>		6 k <i>RPE: 3-4</i>	45-60 mins	10 k <i>RPE: 2-3</i>	
4		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	22 k
			6 k <i>RPE: 3-4</i>	3 k <i>RPE: 4-5</i>		6 k <i>RPE: 3-4</i>	45-60 mins	7 k <i>RPE: 2-3</i>	
5		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	28 k
			7 k <i>RPE: 3-4</i>	4 k <i>RPE: 4-5</i>		7 k <i>RPE: 3-4</i>	45-60 mins	10 k <i>RPE: 2-3</i>	
6		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	29 k
			7 k <i>RPE: 3-4</i>	4 k <i>RPE: 4-5</i>		7 k <i>RPE: 3-4</i>	45-60 mins	11 k <i>RPE: 2-3</i>	
7		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	31 k
			7 k <i>RPE: 3-4</i>	4 k <i>RPE: 4-5</i>		7 k <i>RPE: 3-4</i>	45-60 mins	13 k <i>RPE: 2-3</i>	
8		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	30 k
			8 k <i>RPE: 3-4</i>	4 k <i>RPE: 4-5</i>		8 k <i>RPE: 3-4</i>	45-60 mins	10 k <i>RPE: 2-3</i>	
9		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	36 k
			8 k <i>RPE: 3-4</i>	5 k <i>RPE: 4-5</i>		8 k <i>RPE: 3-4</i>	45-60 mins	15 k <i>RPE: 2-3</i>	
10		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	37 k
			8 k <i>RPE: 3-4</i>	5 k <i>RPE: 4-5</i>		8 k <i>RPE: 3-4</i>	45-60 mins	16 k <i>RPE: 2-3</i>	
11		Rest Day	Training Run	Race Pace Run	Rest Day	Training Run	Strength Training	Long Run	32 k
			8 k <i>RPE: 3-4</i>	5 k <i>RPE: 4-5</i>		8 k <i>RPE: 3-4</i>	45-60 mins	11 k <i>RPE: 2-3</i>	
12		Rest Day	Training Run	Rest Day	Easy Run	Rest Day	Easy Run	HALF MARATHON	34 k
			5 k <i>RPE: 3-4</i>		5 k <i>RPE: 2-3</i>		3 k <i>RPE: 2-3</i>	21 k <i>RPE: 5</i>	